A THUMB OR THE PACIFIER?
WHAT ARE THE IMPLICATIONS {page 17}

FANCY, SIMPLE APPETIZERS
SEARED SHRIMP TORTILLA BITES {page 19}

LADY GAGA'S MARILYN MONROE MOMENT
{page 15}

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Occupy. Calgary

▶ Chris Grills and Kathryn Wells were among the crowd occupying Olympic Plaza yesterday.

KATIE TURNER/METRO

Setting up another camp

Along with a safe camp on St. Patrick's Island, participants in the Occupy Calgary rally have now set up camp in Olympic Plaza. It's estimated around 30 people spent the night at Olympic Plaza Saturday. Story, page 3. For more on the Occupy Canada protests, see page 6.

Parents feeling left in the dark over French-class cut

Community supposed to be consulted before removing French from elementary school ◐ Parents say they weren't informed

JEREMY NOLAIS
@METRONEWS.CA

Pardon moi?

That's the response by some Calgary parents who were unaware French is no longer being taught at their child's elementary school.

The Calgary Board of Education (CBE) announced last April that elementary schools would be given the option of removing French classes in the fall, but only after consulting with their respective community to determine whether second-language learning was a priority.

Now, it seems some schools went ahead with the move on their own — and some parents still haven't received the message.

"I had no idea," said Julio Giudice, while dropping off his son Fabrizio at French-lesson-free Edgemont School.

In the classroom

- CBE spokesperson Cathy Ward said even at schools where French class has been eliminated, students are still offered some learning through clubs and themed celebrations.
- Despite classes beginning in early September, CBE officials were not able to specify how many elementary schools have removed French from their class schedules.
- CBE junior high schools have also been offered the opportunity to teach a second language other than French.

Giudice said his youngster, who is in Grade 5, already knows Spanish and he would like him to be fluent in French as well.

"We live in a global society and I think the more languages he knows the better," he said.

Veronica Crane is chair of the parent council at Ranchlands School. She was also surprised her children were no longer being taught the language given equal credence by Canada's Official Languages Act.

"We weren't told a thing," she said. "They unceremoniously cut it."

CBE spokesperson Richard Peter was quick to point out that the new guidelines for French teaching were simply meant to help personalize learning for students.

"Our principals are very busy," Peter said. "It was our intention to discuss this with parents but I can't say for sure that happened at every school."

Crane, meanwhile, is discussing with fellow parents the possibility of hiring a private French tutor.

"I want them to learn it," she said. "I think French is an important part of Canadian culture."

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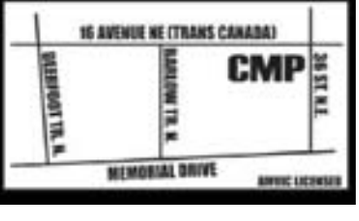

‘Occupy’ protesters pitch tents downtown

JEREMY NOLAIS
@METRONEWS.CA

Creating a bank, conducting media training and maintaining a skilled legal team. These were among the ideas thrown out by residents and visitors of the latest Occupy Calgary “safe camp” established Saturday.

One major difference between this camp and its loosely affiliated partner habitation on St. Patrick’s Island is its prime location in Olympic Plaza, where hundreds of commuters will pass by this morning.

“I am here to make a difference,” said Sheehan Herlein, who was among about 30 residents who slept downtown overnight Saturday. “I am planning on staying, and others are too.”

The plaza camp was established after the Occupy Calgary rally held Saturday, which drew an estimated 500 protesters decrying a variety of issues to the downtown core.

Representatives with the Calgary Emergency Management Agency, which has overseen the St. Patrick’s Island camp, the Calgary Police Service and even a spokesperson for the mayor’s office could not provide a timeline yesterday on when the Olympic Plaza crew would be forced to leave.

One thing appears certain, members are committed to the cause.

“This is our square now,” said one protester.

WITH FILES FROM KATIE TURNER

KATIE TURNER/METRO

▶ Jessica Barrie said she would gladly make room for a third bin should the city choose to move ahead with a pilot project for organic waste.

Green bins pivotal to success: Alderman

Utilities and environment committee will discuss organics recycling Wednesday ◐ Council scheduled to vote on the issue next month

KATIE TURNER
@METRONEWS.CA

Green bins are a must if the city hopes to reach long-term recycling goals, according to two aldermen.

City bureaucrats are recommending council give the go-ahead to a pilot project slated to start next year that would see a third bin added to the curbside.

“It’s been a long time coming,” said Ald. Druh Farrell.

Farrell explained that, should the city really hope to achieve its goal of diverting 80 per cent of waste by 2020, this is a step that needs to be taken sooner rather than later.

“We have set a goal only eight years away. We need to take aggressive measures to achieve it.”

Echoing Farrell was Ald. Brian Pincott, who said if council doesn’t proceed, the goal won’t be achieved.

“If we want to accomplish our targets, then we have to move forward with it now. We can’t delay.”

Ramsay resident Jessica Barrie said after composting for two years, her family would be thrilled to have a city green bin.

“When we started, we could not believe how much less garbage we were throwing out every week,” she said. “This is a no-brainer.”

Why now?

- Nearly 60 per cent of waste from a single-family home is made up of food and yard waste, according to a 2010 city study.
- A city survey on food and yard waste showed 83 per cent of Calgarians were in support of a collection program. That’s more support than the Blue Cart recycling program had before it was launched.

1 news

An Ottawa woman makes good on her promise to broadcast the birth of her third child live on the Internet. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Protesters affiliated with the Occupy Wall Street movement tell Rupert Murdoch what they really think of him. Video at metronews.ca/video

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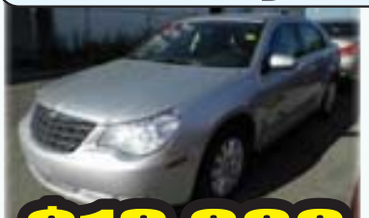

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KATIE TURNER/METRO

▶ Mya Pyykonen, 11, centre, leads the Wishmaker Walk for Wishes through Prince's Island Park yesterday along with her parents, Jenny and Mika, and her brother Tanner.

Walking to make wishes come true

- Annual fundraiser took place at Eau Claire Plaza
- Charity helps kids with life-threatening illnesses

KATIE TURNER
@METRONEWS.CA

Before her son Bennett was granted a wish, Christine Killam said her knowledge of the Children's Wish Foundation was limited.

Now, a few months later, Killam and her family rallied the support of 40 people to participate in the Wishmaker Walk.

Bennett, 6, was diagnosed last year with a life-threatening blood disease called dyskeratosis congenita.

1,000
The Children's Wish Foundation expects to grant a total of 1,000 new wishes this year.

"We asked family and friends to give us $600 — $100 for every year of his age," said Killam. "Everyone just gave without hesitation."

Although Bennett has yet to choose his wish, parade marshal Mya Pyykonen, 11, spent her wish in the Bahamas in March.

"It was surreal," said Mya's mom Jenny Pyykonen. "All the things that we went through, you don't realize how beat down you get, and then when you go there you really realize how rough it's been and what a reviver that trip was."

Chantal Macleod of the Children's Wish Foundation said fundraising events like yesterday's "celebrate the magic of a wish."

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JEREMY NOLAIS/METRO

▶ Sandy Widmer, co-owner of Why Buy Nu Used Book S tore, stands among her collection, which she is hoping to sell off before closing for good.

End of story for two bookshops

Explosion in popularity of e-readers seeing many turn away from traditional reading Owners bid a sad farewell to longtime customers

JEREMY NOLAIS
@METRONEWS.CA

Unable to compete with new technology, two Calgary used bookstore owners are turning the page and closing up shop.

Sandy Widmer started Why Buy Nu Used Book Store with her son 15 years ago to fulfil a longtime dream of his.

"It was a labour of love," she said, standing among thousands of novels ranging from horror to romance. "You don't open something like this to make a lot of money. You do it because you love it."

Sadly for bookstore owners, e-readers offering thousands of titles at the click of a button have been gaining in popularity, and Widmer has seen a drastic reduction in sales. She finally decided to shut down for good at month's end.

Joining her will be the staff at Pilgrim Books, the only used bookstore in Calgary that deals in Christian authors.

"There are a lot of people going the e-reader route as opposed to buying regular books," manager Sue Nickerson said.

Widmer admits she is sad to see an important chapter in her life come to a close.

"The hardest part has been the customers," she said. "They are really sad to see us go."

Both shops will be holding clearance sales over the next few weeks. For more information, contact Why Buy Nu at 403-275-0717 and Pilgrim Books at 403-233-2409.

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Could this be just the beginning?

Many taking part in Occupy Canada movement brave crisp fall weather to camp out at parks

A day after kicking off their movement with loud voices and larger numbers, Canadians who gathered to decry corporate greed and social inequality spent yesterday nailing down their action plan for the coming week through long meetings with smaller groups.

By late yesterday afternoon the numbers of Occupy Canada participants had thinned, but many expected their ranks to swell today as the financial sectors they were protesting reopened.

"Today's going to be a major day for planning a large impact for Monday as a demonstration for (when) the stock exchange opens," said Niko Salassidis, 20, who set up the Occupy Toronto Facebook group.

"We plan to make a very large statement."

No trouble yet

- The protests across Canada have been orderly so far, marked by cordial relations between police and demonstrators — a sharp contrast to the riots that erupted during last year's G20 demonstrations in Toronto and following Vancouver's Stanley Cup loss in June.

But Bryan Hyshka, 21, a volunteer at Edmonton's camp site, added many of the protesters had to be at work today, so it was unclear how many would be available to continue the protest during the week.

"Personally, I'm planning on staying until Monday. After that, I'll be back and forth during the week."

THE CANADIAN PRESS

CLOCKWISE FROM LEFT: RYAN TAPLIN, JAMES TURNER/METRO, CHRIS YOUNG, GEOFF HOWE/THE CANADIAN PRESS

▶ Demonstrators with the Occupy Nova Scotia rally at Halifax Grand Parade Square yesterday.

▶ Protesters listen to speakers on the steps of the Manitoba Legislative Building Saturday

▶ "Sonny" protests against "corporate greed" in Toronto's financial district on Saturday.

▶ Protesters dance outside the Vancouver Art Gallery during the Occupy Vancouver demonstration Saturday.

The spy who duped me: Passports abused, memos say

The Russian intelligence service's illegal use of the Canadian passport poses a "troubling threat" to the travel document's integrity, newly released federal memos warn.

Canada "strongly deplores" the exploitation of its passport by Russian agents to establish a spy ring in the United States, say the internal Foreign Affairs Department records.

But it seems Moscow's Cold War-style tactics, exposed last year by U.S. authorities, did little to chill relations with Ottawa.

In fact, the embassy of the Russian Federation said Canadian officials didn't even raise the matter.

"There was no fuss about that," said embassy spokesman Dmitry Avdeev. "I did not know anything about it."

"The alleged abuse of Canadian identity documents is a serious concern, on which Canada should take a firm stand."

MEMO EXCERPT

Foreign Affairs spokesman Jean-Francois Lacelle declined to discuss the matter, saying only that communication with other countries is confidential.

Last year 11 people — four of whom claimed to be Canadian — were indicted on charges of conspiring to act as secret agents in the United States on behalf of the SVR, the Russian Federation's successor to the notorious KGB.

Donald Heathfield and Tracey Foley, who lived together near Boston, admitted to being Andrei Bezrukov and Elena Vavilova. Patricia Mills of Arlington, Va., confessed she was actually Natalia Pereverzeva.

Bezrukov, Vavilova and Pereverzeva were among those sent back to Moscow after pleading guilty — part of a swap for prisoners in Russia.

Another man, travelling on a Canadian passport under the name Christopher Metsos, was arrested in Cyprus. But he skipped bail and disappeared.

It's unclear whether Canada ever voiced its concerns to Russian officials and, if it did, what came of any exchanges.

Passport Canada refused to provide updates on the cases, citing the federal privacy law.

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Global occupation

‘Banks got bailed out, we got sold out!’ chant New York protesters

AHN YOUNG-JOON/THE ASSOCIATED PRESS

▶ Protesters at an Occupy Seoul rally Saturday. The sign reads: “Tax the Rich One Per Cent, Welfare for the 99 Per Cent.”

THIBAULT CAMUS/THE ASSOCIATED PRESS

▶ A protester holds a placard during an anti-capitalist demonstration in Paris Saturday. The placard reads: “We Are the 99 Per Cent, Too Big to Fail.”

RINGO H.W. CHIU/THE ASSOCIATED PRESS

▶ Thousands of protesters march to Los Angeles City Hall as part of the solidarity movement with Occupy Wall Street on Saturday.

RICK RYCROFT/THE ASSOCIATED PRESS

▶ Two men with placards walk behind police as protesters gather in front of the Reserve Bank of Australia in Sydney Saturday.

Several hundred protesters in at least seven U.S. cities supporting the growing Occupy Wall Street movement were arrested over the weekend after refusing to obey police orders to leave public areas, including 175 people at a park in Chicago, where the arrests brought about a new phase of civil disobedience, organizers there said yesterday.

The arrests were mostly peaceful and came as somewhat of a contrast to earlier demonstrations, where protesters took care to follow laws in order to continue protesting Wall Street’s role in the financial crisis and other grievances about economic injustice.

Overseas, tens of thousands nicknamed “the indignant” marched in cities across Europe, as the protests that began in New York linked up with long-running demonstrations against government cost-cutting and failed financial policies in Europe. Protesters also turned out in Australia, Asia and South Africa. **THE ASSOCIATED PRESS**

Cleaning up

GREGORIO BORGIA/THE ASSOCIATED PRESS

▶ Italian police fire tear gas.

▶ Rome’s mayor said yesterday that it could cost at least $1.4 million US to recover from the havoc wreaked by rioters who smashed windows, tore up sidewalks and torched vehicles after breaking off from a peaceful protest Saturday.

▶ The estimate came as cleanup continued in damaged neighbourhoods.

▶ The hundreds of rioters infiltrated a march by tens of thousands of demonstrators unhappy about the global financial crisis.

For more coverage, including video, visit metronews.ca

Tunisians march for secularism

More than 2,000 Tunisians have marched in favour of a secular state that allows press freedom and other rights. The demonstration is a response to protests and violence by Islamist extremists.

Tensions are high ahead of an Oct. 23 vote to elect an assembly charged with writing a new constitution.

The vote follows the uprising that ousted Tunisia’s autocratic leader in January and sparked the Arab Spring.

Under police escort, artists and intellectuals and others gathered yesterday in Tunis and chanted against violence, extremism and state repression.

New, ultraconservative groups of Muslims known as Salafists have attacked movie theatres and TV stations in recent days for showing material they say denigrates Islam.

Many fear that despite vows to uphold democracy, Tunisia’s Islamist Ennahda Party is bent on imposing a theocracy that would roll back hard-won secularism and women’s rights.

THE ASSOCIATED PRESS

HASSENE DRIDI/THE ASSOCIATED PRESS

▶ A demonstrator carries a poster meaning in French and Arabic: “Release My Thought, It Has Done Nothing” in Tunis, Tunisia, yesterday.

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The photos in picture are from previous editions of Photo Challenge. The largest photo by Hazel Coonagh, Ireland, the Global Winner in 2009.

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Compound of Gadhafi levelled

Libyans say they are eager to move on after decades of repression

Libyan revolutionary forces bulldozed the green walls surrounding Moammar Gadhafi's main Tripoli compound yesterday, saying it was time "to tear down this symbol of tyranny."

The sprawling, fortress-like compound known as Bab al-Aziziya has long been hated by Libyans who feared to even walk nearby during Gadhafi's more than four decades in power and its capture was seen as a turning point in the civil war as revolutionaries overran the capital in late August.

Ahmad Ghargory, commander of a revolutionary brigade, said the area will be turned into a public park accessible to all Libyans.

"It's the revolutionary decision to tear down this symbol of tyranny," Ghargory said.

"We were busy with the war, but now we have the space to do this."

Already, the courtyard in front of Gadhafi's former house, which he used for many fiery speeches trying to rally supporters during the uprising, has been turned into a weekly market.

Tripoli residents roam the premises as if at a museum, with vendors selling revolutionary flags and other souvenirs.

However, the continued instability has delayed efforts by the transitional leadership to move forward with efforts to hold elections and establish democracy.

THE ASSOCIATED PRESS

King. Statue

▶ U.S. President Barack Obama, centre, his daughter Malia Obama and Harry Johnson, president and CEO of the Martin Luther King Jr. Memorial Foundation, look up at the Martin Luther King Jr. National Memorial yesterday.

CAROLYN KASTER/THE ASSOCIATED PRESS

King memorial dedicated

Dr. Martin Luther King was a man who "stirred our conscience" and made the union "more perfect," U.S. President Barack Obama said yesterday.

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News in brief

Torstar boosts stake in Metro

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Torstar CEO David Holland

Torstar Corp., the parent company of the Toronto Star, has boosted its interest in Metro, the free newspaper chain that publishes in cities across Canada.

Torstar announced Friday it has paid $51.5 million to increase its stake to 90 per cent in Free Daily News Group, which publishes Metro in Toronto, Vancouver, Ottawa, Calgary, Edmonton, Winnipeg and London, Ont. Under a separate joint venture with Transcontinental Media G.P., it also publishes in Halifax.

"We see this as a terrific opportunity to continue to build this growing, national franchise," said Torstar president and CEO David Holland in an interview.

Holland added the Metro papers, which have a combined daily readership of more than one million, complement the rest of Torstar's media assets including Star Media Group, Metroland and other digital properties.

"This is exciting news," said Bill McDonald, president of Metro English Canada. "Metro has carved a significant space in the national media landscape, and through the enhanced support of Torstar, our majority shareholder, we're looking forward to even greater growth."

TORSTAR NEWS SERVICE

Conquering Parliament Hill an uphill battle for RIM

Technology minister recently bought an iPad instead of homegrown tablet

Gaining ground in the Apple-dominated tablet computer market has been akin to pushing a rock up a mountain for Research in Motion.

And there's a hill they're at risk of dying on: Parliament Hill.

Political Ottawa remains addicted to RIM's signature BlackBerry smartphone, but when it comes to which tablet computers to adopt, Apple's iPad is the favoured son.

Conservative MP Peter Braid is one of the only MPs who uses RIM's Playbook instead.

It's an obvious choice, as Braid represents Waterloo, Ont., where RIM is based.

When BlackBerry service went down around the world last week, it wasn't just the company who felt the slap. Local residents, as well as Canadians across the country, take personal pride in the fact the device that even the U.S. president couldn't live without comes from Canada.

DAVE CHIDLEY/THE CANADIAN PRESS FILE PHOTO

▶ An employee holds a Blackberry Playbook tablet at the Research in Motion annual meeting in July.

Even in the wake of the service meltdown, Braid said, people still remain confident in the company.

And when it comes to the tablet, he's hoping to try to convert over more fellow parliamentarians.

In choosing the iPad over the Playbook, MPs are reflecting a larger trend.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 169.84 (12,081.73)	+ 0.89¢ (98.96¢ US)

Oil	Natural gas 1,000 cu ft
+ $2.57 US ($86.80 US)	$3.703 (+ 17.2¢)

Gold contract $1,683.00 (+ $14.50)

CBC but one of many federal agencies facing info czar in court

Conservative MPs are grilling the CBC over its legal battle with the information commissioner, but it's hardly a unique case.

Since the Tories came to power in 2006, taxpayers have repeatedly paid for federal agencies — including the Prime Minister's Office — to fight the access czar in the courts.

A House of Commons committee last week began looking at the case pitting the public broadcaster against the commissioner at the Federal Court of Appeal.

The Tories, who pushed for the hearings, say they're concerned that taxpayers are footing the bill for both sides of the fight over who should be able to see the corporation's records.

The information commissioner goes to court only against federal institutions, since only they fall within her jurisdiction.

The fights can be lengthy. The Prime Minister's Office went all the way to the Supreme Court of Canada to protect the agendas and minutes of the prime minister and ministers from examination by the commissioner.

THE CANADIAN PRESS

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Cuba 89.9 ¢/min	Pakistan 5.9 ¢/min	U.K 2.9 ¢/min
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WHAT ARE WE FIGHTING FOR?

HIGH PLAINS DRIFTER

JAMES CALLSEN
METRO CALGARY

I am the enemy.

Part of the problem. An agent of Fox News. I am allegedly attempting to join the Sun TV network. An accused shill for the man. A sellout. The enemy. Or at least that's what I've been told.

I seem to have angered the people attempting to change the world and I'm trying to stop them from making life better. My offence? Questioning the validity of the Occupy movement. Apparently working for a radio station that plays rebellious music like Rage Against The Machine, Public Enemy and Pearl Jam means that I should be not only sympathetic to the left-leaning proletariat but also actively assisting my brothers and sisters in taking on "the man."

Don't get me wrong: I don't believe that the people who marched on Bankers Hall on Saturday or have been hanging around Wall Street for the past two weeks are all anarchists, miscreants and delinquents. I don't necessarily think that encouraging at least some oversight of big business is a sin. However, I do have a hard time believing that all the participants, or even the vast majority, are regular, working-class folks who have been jacked by the system.

"I don't necessarily think that encouraging at least some oversight of big business is a sin. However, I do have a hard time believing that all the participants, or even the vast majority, are regular, working-class folks who have been jacked by the system."

Questioning the sincerity of some of the participants, many of whom don't appear to be laid off, employed or even employable, apparently puts me in bed with the global conspiracy of the rich.

This makes me mad, as the very message of the aforementioned political/hip-hop/alternative groups is to question authority, don't always believe what you're being sold and, above all, think for yourself. I've always thought that those sentiments applied to all processes, not just those coming from "the man."

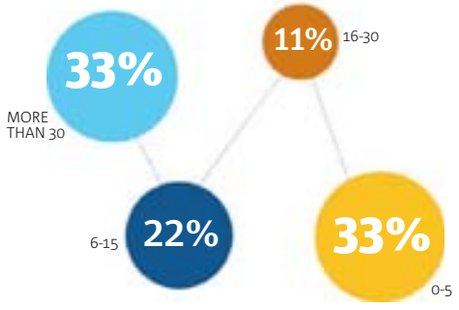
When I take to the airwaves of Calgary, or to the pages of this fine publication and question the validity of the *cause du jour* — whether it's a political movement, musical group or a sports franchise — it's not because I'm a sellout. It's because I'm trying to get to the bottom of what's happening. That's what freedom of the press and freedom of speech is all about.

If any organization is attempting to be legitimate, you also have to be held accountable and be able to stand up to questions from people like me. I get the feeling that many of those within the Occupy movement don't appear interested in justifying their existence. They seem interested in what's in it for them. In the words of Public Enemy, "Don't believe the hype."

James Callsen is the news voice on one of Calgary's top rock stations, x92.9. Follow him on Twitter @newsboycallsen

Panel **Register at metropolitanpanel.ca and take the quick poll**

How many books do you read in an average year?



Local tweets

- **@Jenngurl 84PINK:** Snow Friday noooooo hopen that doesn't happen #yyc
- **@JohannesLanger:** Dear train driver: you are not on the radio, nor are you a ring announcer. Stop abusing the PA. #yyctransit #yyc
- **@highercafe:** Another beautiful day! Anyone carving pumpkins? #yyc
- **@CassieNeil:** So what are the plans for halloween that don't involve hitting up a club? #maturecrowd #yyc
- **@lindseybaird:** Safe to say me and @HaileyMoug are going to let Jesus take the wheel this ween of hallow. #yyc #yeahhhbuddy
- **@edward_upward:** Appreciating every day of good biking weather left this season #yyc #winteraroundthecorner
- **@viclovesapples:** I want to be able to wear my Halloween costume all year long, and nobody seemed to mind. #missingchildhood #yyc
- **@trevorbacque:** Another day, another #yyc historic building turned to dust.

Worth Mentioning

California's largest industry group for doctors is calling for the legalization of marijuana even as it maintains that the drug has few proven health benefits.

Trustees of the California Medical Association adopted the new stance at its annual meeting in Anaheim, according to a Los Angeles Times report.

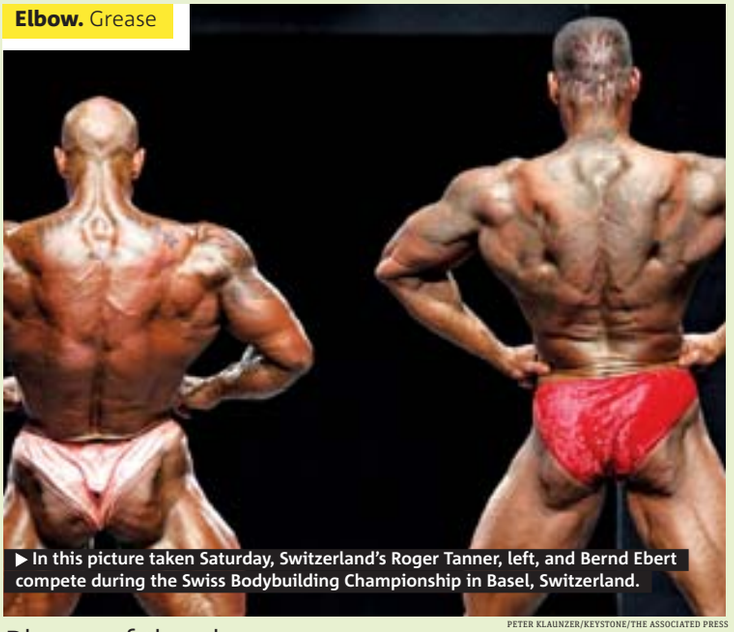
Dr. Donald Lyman, the physician who wrote the group's new policy, said doctors are increasingly frustrated by the state's medical marijuana law, which allows use with a doctor's recommendation. Physicians are put in the uncomfortable position of having to decide whether to recommend a drug that's illegal under federal law, Lyman said.

"It is an open question whether cannabis is useful or not," he told the newspaper. "That question can only be answered once it is legalized and more research is done."

The CMA acknowledges health risks associated with marijuana use and proposes regulation similar to alcohol and tobacco.

THE ASSOCIATED PRESS

Elbow. Grease



▶ In this picture taken Saturday, Switzerland's Roger Tanner, left, and Bernd Ebert compete during the Swiss Bodybuilding Championship in Basel, Switzerland.

PETER KLAUNZER/KEYSTONE/THE ASSOCIATED PRESS

Photo of the day

WEIRD NEWS

Don't throw yourself in my backyard

Hundreds of Toronto-area residents have signed a petition listing grievances with the Parachute School of Toronto including roaring noise, noxious fumes and rogue skydivers landing on their properties.

"If they wreck anything," says resident Paul Nicholls, "say they land in your Azaleas and destroy them, that's criminal trespass."

Recently, Nicholls went to Georgina town hall to present the petition, signed by 200 other aggravated Georginians, and lobby for change. A town-council report on the matter is expected early next week.

The school has been operating since 1974, though it used to run out of Arthur, Ont. In 2002, it relocated in Georgina — north of Toronto — to be closer to its Toronto customers. It runs from May to October, from 9 a.m. to sunset, five days a week, during which some thousand flights take place.

Of the 400 jumps conducted weekly, Adam Mabee, president of the parachute school, says just a couple of skydivers miss their target, the airport. The worst damage was to an awning and he paid the repairs.

TORSTAR NEWS SERVICE

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Gaga does Marilyn

Lady Gaga channels Marilyn Monroe at concert honouring Bill Clinton's foundation

Lady Gaga enjoyed her "first real Marilyn moment" with former President Bill Clinton.

The envelope-pushing pop superstar was one of several musicians who performed Saturday night at the Hollywood Bowl during a concert celebrating the 10th anniversary of Clinton's foundation, which has sought to improve global health, strengthen economies worldwide, promote healthier childhoods and protect the environment for the past decade.

"I always wanted to have one, and I was hoping that it didn't involve pills and a strand of pearls," Gaga joked.

Emerging from atop an all-white treehouse, Lady Gaga sported a wavy blonde 'do and red lips like Marilyn Monroe, who famously crooned Happy Birthday, Mr. President to President John F. Kennedy in 1962. Lady Gaga similarly serenaded Clinton and changed several of her lyrics to reference him, including swapping the title of Bad Romance for Bill Romance.

"I thought, 'My God. I get Lady Gaga, and I will have a heart attack celebrating my 65th birthday,'" Clinton later said.

Clinton, who turned 65 on Aug. 19 but celebrated his birthday at a posh Hollywood party Friday night, sat between wife Hillary and daughter Chelsea in the front row throughout Saturday's event at the outdoor venue set against the Hollywood Hills. Other famous attendees included Maria Bello, Ashton Kutcher, Jason Segel, Ellen DeGeneres, Colin Farrell and Chevy Chase.

"I am the only person in history who got to be President and then had a post-presidential birthday party attended by both Lady Gaga and the Secretary of State," Clinton joked on stage. "I want to thank Hillary because we met 40 years ago this year. When I met her, she was already doing the kind of work you see here long before it was cool."

Other performers included Motown legend Stevie Wonder, country star Kenny Chesney, Toronto rapper K'Naan, Colombian crooner Juanes and R&B singer Usher.

Usher kicked off his performance with a take on Joe Cocker's rendition of the Beatles classic With a Little Help From My Friends before launching into his hits Yeah and OMG. The R&B singer accidently split his pant legs while dancing to reveal his bare left leg. The wardrobe malfunction didn't stop Usher, who continued with his routine, telling the crowd: "I work hard."

Bono and The Edge of U2 closed the concert with a mostly acoustic set that included such tunes as Desire, One and Sunday Bloody Sunday, which Bono sang directly to Clinton.

The duo — who were accompanied by a string quartet and Edge's laptop — closed with Miss Sarajevo. Bono tackled the operatic part of the tune originally sung by the late Luciano Pavarotti.

Clinton himself is no stranger to performing. The saxophone-playing politician memorably belted out Heartbreak Hotel when he visited Arsenio Hall's show during his 1992 presidential campaign. Clinton didn't pick up the instrument Saturday night, despite a plea from Lady Gaga, who informed him: "I wish you were playing sax with me tonight, baby."

THE ASSOCIATED PRESS

GETTY IMAGES

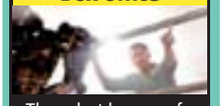
▶ At a performance celebrating the 10th anniversary of Bill Clinton's foundation, Lady Gaga serenaded Clinton like Marilyn Monroe did to President John F. Kennedy in 1962.

$50 to $500

Ticket prices for A Decade of Difference: A Concert Celebrating 10 Years of the William J. Clinton Foundation, which was streamed live on Yahoo.com, ranged from $50 to $550.

2 scene

Box office



The robot boxers of Real Steel and the dancers of Footloose are in a tight fight for the box-office title. Real Steel came in barely ahead of the remake Footloose, which opened with $16.1 million. The movies are close enough that they could switch rankings once final numbers are released today. Universal's horror update The Thing opened at No. 3 with $8.7 million.

THE ASSOCIATED PRESS

Low-rated Charlie's Angels' reboot grounded by ABC after just four airings.

The death rattles of Ashton and Demi's marriage?

Moving truck spotted outside the couple's home Sources speculate that Ashton might be movin' out

Rumours of an impending split between Ashton Kutcher and Demi Moore jumped into overdrive late last week when a moving truck was seen pulling up to the couple's Los Angeles home, according to Us Weekly.

The moving company, Wetzel & Sons, would not divulge any information about the job.

While it's unclear which of the two might be vacating the premises, sources speculate Kutcher would be the one kicked to the curb.

"Demi is humiliated," a source says. "She loves him, but can't forgive him for the embarrassment he has caused." METRO

ALL PHOTOS GETTY IMAGES

▶ Demi Moore and Ashton Kutcher

Celebrity tweets

"Doing some work on the day-time show, and went to jury duty."

@andersoncooper

@AlbertBrooks

"Nothing against Zsa Zsa Gabor but she is single-handledly bringing down Medicare."

@EllenBarkin

"This twitter s--- is really the medium for me. I'm as f---in' shallow as 140 characters."

@kevinbacon

"Just saw a TV ad for FLoose. Marketing a remake by putting down the orig? A bit lame dont ya think?"

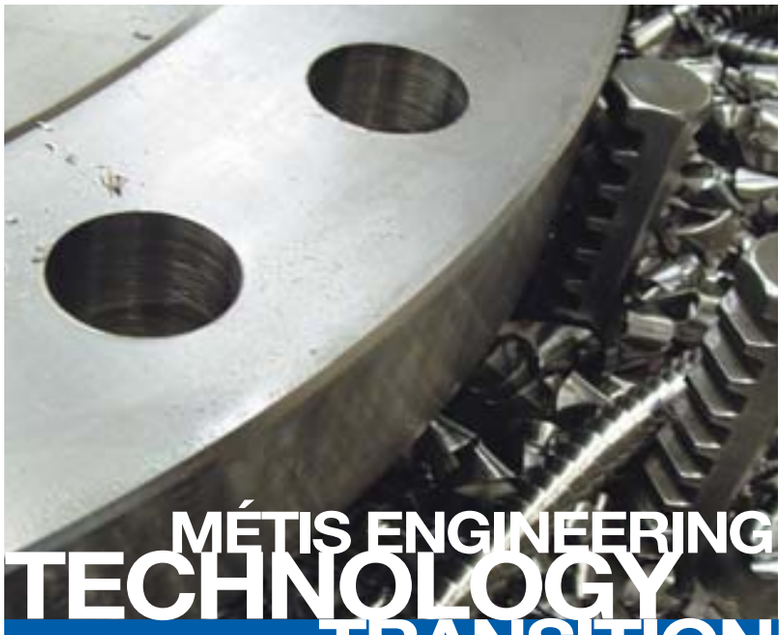
I'm straight, Taylor Lautner tells Aussie GQ

Taylor Lautner is going on the record about his sexuality after being quizzed by the Australian edition of GQ about a recent night out with director Gus Van Sant and writer Dustin Lance Black, both of whom are openly gay.

When asked if either of the men hit on him, Lautner said, "No, definitely not. I think they know I'm straight."

The 19-year-old Twilight star said that the meeting was all business.

"It's not a coincidence that there was a writer, a director and an actor at dinner." METRO



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Brian Abernethy, Calgary West Central Primary Care Network
Dr. Paul Taenzer, Paul Taenzer PhD Psychological Services Inc.
Lynn Cooper, Canadian Pain Coalition
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▶ It's cute now but wait until she's 45.

Sucking – sucks?

A thumb or pacifier may bring peace to your household but what are the implications?

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEWS

You've swaddled and shushed, but your baby's still howling. So you reach for a pacifier, or encourage thumb sucking. Is this OK?

Thumb versus pacifier use is an issue that divides parents. Thumb sucking is a natural behaviour. Children have been observed thumb sucking in the womb. Pacifier proponents believe keeping your baby calm when he or she is crying for no reason is better for psychological wellbeing.

There are genuine positives: Pacifier use is believed to reduce the prevalence of Sudden Infant Death Syndrome. You can also control when your baby uses it (which you can't do with a thumb) and when it's time to end non-nutritive sucking (NNS) — as it's termed — a pacifier can be thrown out.

The downside is that if your baby becomes dependent on it, you'll be up throughout the night to pop it back in. Later, it becomes a barrier to speech.

So while this sanity-saver seems like a good option, NNS can have implications for growth. "The greater the amount of time during the day that the child engages in non-nutritive sucking, the greater the forces that the growing bones and associated soft tissues will be exposed to," explains Dr. Sarah Hulland, a paediatric dentist. "In turn (this) can cause a change in the relationship of the oro-motor complex, so how the mouth is shaped, how the dentition inter-relates, how the lips can close, how the tongue behaves in the mouth (can be affected)."

Hulland warns that soother sucking should be limited to settling your baby. "Sucking on soothers can lead to significant restructuring of the oro-facial complex, which usually manifests itself as an open bite where the front teeth don't meet. This can lead to difficulties closing the lips and a tongue thrust."

In response, pacifier producers are creating more ergonomic soothers. But getting kids to stop can be tricky. "The easiest way to stop pacifier sucking is to keep soother-access to essential-use only," explains Hulland. "And for thumb suckers, remove thumb from a child's mouth or replace it with an alternative comforter."

3 life

Child safety

Sue Rainville, director of marketing for window fashions manufacturer Hunter Douglas, offers tips to make your home safe.

- Use window guards on all windows above the first floor. Screens aren't strong enough to stop falls.
- To keep windows open for ventilation, install locks that limit the opening's size.
- For sliding glass doors, apply bright stickers to alert kids to the presence of glass.

NEWS CANADA

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Boy or girl — should it remain a surprise?

Expectant parents are divided as to whether it's good or not to know the gender of their unborn child Don't find out and you have the surprise of a lifetime Reveal the baby's gender and you can plan ahead

THIBNKSTOCK.COM

▶ "Yes, he looks like he could be a future president."

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEW

Pregnancy is a period of enormous expectations: not only of the arrival of your newborn, but anticipation for the type of person her or she might turn out to be. Will he or she have daddy's blue eyes? Will he or she play violin at age two?

Few of such questions can be answered before your child arrives, but there is one thing that you can find out: the baby's gender. Your sonographer spots an appendage? It's a boy. Three neat little lines? It's a girl.

Finding out the baby's gender is a decision that truly divides opinion.

"I want to enjoy the surprise when the baby arrives," says Tamara Haines, operations manager for a film production company and expectant mom. "I want someone to hold the baby up and shout: 'It's a boy!' or 'It's a girl!."

Labelling the unborn baby 'shrimp' rather than Ethan or Isabella, means parents don't get to completely map out its life according to gender convention. It won't come home to a nursery decorated with pirates or princesses and its parents won't have had the chance to pick its career as ballerina/hockey star — yet.

The type of parent who won't have a stroller in the house before birth because it invites bad luck is likely to feel superstitious about revealing the baby's gender, too. It also allows anxious parents to keep a distance emotionally in case things go wrong in the pregnancy.

There are, of course, lots of reasons to find out whether to expect a girl or a boy. For some, coming face-to-face with a newborn will be all the surprise they need. Find out and you can spend the remaining trimesters getting your head round the whole trippy experience of having created a human being and can start to 'get to know' your baby. In the full 'nesting' mode, it helps with planning baby's wardrobe and nursery.

It also means that you can start choosing a name. These days it's a complicated game finding a name that's neither too popular nor too wacky.

There are also circumstances in which you could go either way. If mom is desperate for a girl, you might want to find out so she can come to terms with her disappointment. Or you might prefer to not know; when she sees her newborn the chances are she'll love it either way.

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HEALTH AND WELLNESS

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You are all invited to join us for Introduction and application of Pranic Healing in different aspects of your life. This talk will be preceded with Meditation on Twin Hearts with Master Pranic Healer Nona Castro on Friday 28th October'2011 7:30 PM in Hotel Acclaim near Calgary airport. This is a great opportunity to learn with Master Nona. This event is open to everyone with $25 Donation.
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Seared Shrimp Tortilla Bites

Nothing beats an appetizer that looks fancy and doesn't require a whole lot of work. Large shrimp size varies so the yield may vary slightly.

NEWS CANADA

▶ This recipe makes 24 bites.

Preparation:

1. Heat oil in a large frying pan over medium-high heat. Add shrimp, garlic and salt. Stir-fry until shrimp is pink, about 4 minutes. Toss with coriander. Refrigerate to cool or cover and refrigerate overnight.
2. Stir peanut butter with lime juice, hot sauce, soy sauce, ginger and garlic. Stir in water if needed until a thick sauce-like consistency.
3. Peel mango and cut fruit from pit. Dice into 1/2-inch (1.5 cm) pieces. Just before serving, assemble bites. Spoon about 1 to 1-1/2 tsp (5 to 7 mL) peanut sauce into tortilla scoop. Top with a shrimp, mango piece and coriander leaf. Repeat with remaining shrimp. You may have a bit of sauce leftover depending on the number of shrimp. **NEWS CANADA/ PEANUT BUREAU**

Ingredients:

- 1 lb (500 g) large peeled uncooked shrimp (about 24)
- 4 tsp (20 mL) olive or peanut oil
- 2 thinly sliced garlic cloves
- Pinches salt
- 2 tbsp (30 mL) chopped coriander

Peanut sauce

- 1/3 cup (75 mL) peanut butter
- 2 tbsp (30 mL) lime juice
- 2 to 3 tsp (10 to 15 mL) hot sauce
- 1 tbsp (15 mL) soy sauce
- 2 tsp (10 mL) finely grated peeled ginger
- 1 large garlic clove, minced
- 1 ripe but firm mango
- 24 mini scoop shaped tortilla chips
- Garnish: coriander leaves

Rose Reisman's Swap It

It's never easy to know which is healthier: a lasagna or spaghetti with a rich meat sauce. In this case, the lasagna comes in at almost double the calories and two and a half times the fat.

OLD SPAGHETTI FACTORY LASAGNA

1013 CALORIES/ 50 G FAT

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SWAP IT!

OLD SPAGHETTI FACTORY SPAGHETTI WITH MEAT SAUCE

628 CALORIES/ 20 G FAT

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FOR MORE, VISIT ROSEREISMAN.COM

Bruschetta with Smoked Chicken and Grapes

Typically made with a tomato mixture as its topping, this bruschetta instead uses smoked chicken and grapes.

Preparation:

1. Pre-heat oven broiler.
2. In a small bowl combine the garlic, olive oil and salt. Set aside.
3. Slice the French bread baguette into 1/2-inch (1.5 cm) thick slices. Brush the baguette slices with garlic oil and place on a cookie sheet. Toast the baguettes in broiler about 1-2 minutes on each side until golden brown. Remove from broiler. Bread should be crisp on the outside, but still soft in the centre. On each slice of bread place about 1 tbsp (15 mL) chicken breast and 3 grape halves, then top with 2 tbsp (25 mL) grated cheese.
4. Place cookie sheet about 8 inches away from broiler and broil for 2-3 minutes until cheese is melted and bubbly. Place on serving platter and sprinkle with snipped chives and pepper. Makes 24 pieces. **NEWS CANADA**

Ingredients:

- 3 cloves minced garlic
- 1/2 cup extra virgin olive oil (125 mL)
- 1/4 tsp salt (1 mL)
- 1 French bread baguette
- 8 oz smoked chicken breast (250 g), either shredded or cut into bite-size strips
- 12 oz grated Fontina, Port Salute, or Monterey Jack cheese (375 g)
- 1 1/2 cups red, green or blue-black halved California seedless grapes (375 mL)
- 1 tbsp snipped chives (15 mL)
- few dashes black pepper

NEWS CANADA

▶ This recipe makes 24 pieces.

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Pursuit of success was no cakewalk

Rosalind Chan's turning point came when she traded in her corporate cubicle for a career as a cake artisan

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Rosalind Chan is an international superstar in the cake decorating world.

As a new immigrant from Malaysia she gave up a corporate career in Canada to go after her passion for cake artistry full-time. To give up her big salary and start her own company was a hard step to take.

"I'd worked all my life and to suddenly not have a salary or a job was nerve-racking for me."

A piece of cake

Interested in getting into cake decorating? Rosalind says:

- Go to well known and relevant schools.
- Get an internship and work with the best.
- Take additional courses to build up your skill level.
- Social media — hit the websites and food blogs to introduce yourself to the market.

Chan went back to Malaysia and started a cake decorating teaching centre that quickly grew to two locations.

"Today we have one of the biggest cake decorating institutes and training centres in Malaysia."

SUBMITTED

▶ Rosalind Chan is the owner of one of the biggest cake decorating institutes in Malaysia and has recently expanded her business to Canada.

On the heels of her success she opened her Canadian shop called Sugar Tiers in Markham, Ont., and was thrilled to be inducted into the Wilton Cake Decorating Hall of Fame.

"I want to expand in Canada and branch out to more countries. I want to share my passion and give back to society by teaching in women's shelters. But my biggest goal is to write my first book."

For Rosalind Chan, that will be the icing on the cake.

Sweet success

Rosalind Chan's international accomplishments

- Wilton Hall of Fame
- First Canadian and Asian to become a Certified Master Sugar Artist
- First Asian to be recruited onto international Wilton Training Team
- First Asian to be awarded International Teacher of the Year Award

Could Facebook make or break a hire?

CASSANDRA GARRISON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

It's no secret that your social networking site can be your own worst enemy if it's filled with inappropriate photos from your bachelorette party or fraternity initiation. However, Reppler, a company that will get rid of all the dirt in your profile for you, conducted a survey that shows just how influential your social networking sites really are when job searching.

A whopping 91 per cent of employers will check out your social networking sites during the hiring process and about 47 per cent will get right to it as soon as you turn in an application.

An alarming 69 per cent of those employers have actually rejected a job candidate because of something they saw on their social networking site.

Now, the good news is that your profile can also work in your favour if an employer likes what he or she sees. 68 per cent actually reported hiring someone because of what they saw on a profile.

The main reasons those lucky social networkers landed a job is because they gave a positive impression of their personality or organizational fit, their profile supported their professional qualifications or their profile showed they were creative.

So no just think of your accounts as more like resumés because you can pretty much count on a future employer stalking you just as much as your ex.

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Still 'prepared' 100 years later

Recruitment and retention rates rising at Scouts Canada, organization says
Modern updates are to thank

ISTOCK

▶ The compass remains a key accessory of Scout life but modern devices have also been incorporated into environmental programming, such as GPS tracking systems.

Scouts Canada insists it is attuned to the younger generation, despite being an organization that has been around longer than most of its members' grandparents.

The international youth group, established in 1907, is legendary for its merit badges, commitment to the outdoors, and leadership building. But despite its long history and deep-rooted traditions, it has been working to stay relevant to the times by making its activities co-ed, updating its uniforms and incorporating technology.

Although most members join at a young age and eventually lose interest after a few years, an increasing percentage is staying committed and involved long into adulthood. Steve Kent, chief commissioner of Scouts Canada, said recruitment and retention rates have gone up in recent years.

"It's become a way of life," said the 33-year-old, who started with the organization as a cub in 1984 and is the youngest person to hold his current title in Canadian history. "I wouldn't be who I am today, I wouldn't be where I am today if it wasn't for Scouts."

Up until three years ago, membership was on the decline. It had last peaked in the 1960s at around 320,000. Then in late 2008, it bottomed out at about 97,000 members, the organization said.

Numbers started to turn around in 2009 and since then, Scouting in Canada has grown steadily for the first time in three decades.

This is in part a result of a task force action plan launched to modernize the organization. Its mandate includes getting more young people involved with internal leadership positions, making it easier to volunteer and providing more resources. The curriculum has also been updated.

"It's become a way of life. I wouldn't be who I am today. I wouldn't be where I am today if it wasn't for Scouts."
STEVE KENT, CHIEF COMMISSIONER OF SCOUTS CANADA

"While you're still able to learn map and compass, we also do orienteering and geocaching with GPS," said Kent, who lives in Mount Pearl, N.L.

Kent said the average child between the ages of four and 14 in Canada spends 44 hours a week in front of a screen device like a computer or iPad. Scouts Canada aims to help build a valuable relationship between its members and the outdoors.

"We were the original environmentalist," said Kent. "Long before it was cool or trendy to go green, scouts were planting trees and engaged in other environmental projects."

For 16-year-old Hannah Ridgeway, the biggest appeal of being a scout is the friendships she's fostered through the organization.

"I have best friends who I've know for five years who I have strong relationships with that will last forever," she said from Calgary. "Being able to hang out with them outside of school and go camping; it's just a different way of getting to know people."
THE CANADIAN PRESS

Stylish Scout

Esthetically, the organization has also updated its iconic beige uniforms.

In March, Canadian fashion retailer Joe Fresh redesigned the outfits, which still include a neckerchief and button down shirts.

Healthcare has exciting, rewarding and flexible career opportunities to fit your lifestyle. SAIT Polytechnic's School of Health and Public Safety is offering the following fast-track programs for January 2012.

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Gain the skills necessary to support a health care office, like medical office procedures, medical accounting, physician billing and patient scheduling.

MEDICAL LABORATORY ASSISTANT
Learn to collect, process, and prepare patient specimens, enter data, perform electrocardiograms, and carry out basic laboratory procedures.

PHARMACY ASSISTANT
Prepare for a career in a community-based retail pharmacy where you'll receive and prepare prescriptions, manage inventory and work with the public.

SAIT Polytechnic is also offering a PREVENTIVE DENTISTRY MODULE for dental assistants, beginning February 2012.

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COLUMBIA COLLEGE

Let the money rain down

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BEN KNIGHT
LIFE@METRONEWS.CA

ISTOCK PHOTOS

▶ Turn your traditional rain barrel into cash.

Drip by drip, drop by drop, water is getting more expensive. It's tempting to wonder, sometimes, why we are paying so much for something that regularly falls out of the sky for free.

Not that purification, pumps and infrastructure aren't hugely important. But aren't there ways to use all that water that simply hits your house anyway? Yes, and so we turn to the humble rain barrel.

"Catching rain water for your garden is fun," says Bob Burgess, principal of Gulf Islands Rainwater Connection Ltd. on Thetis Island, B.C.

"And it gives you the best possible water for your garden."

A simple, low-tech device can fill up 10 to 15 times in a typical Canadian year.

The water's not drinkable, but it's cheaper — and cleaner — for lawns, gardens and plants than the more expensive treated water that gushes from your hose or sprinkler.

And if you feel like investing in a more complex system, rain water can also be used indoors.

"The building code — now — allows it to be used for toilets without purification," Burgess says.

"That's a nice way to save money — and water — 12 months a year."

That requires a tank, underground in most of Canada, where it can be protected from freezing.

"The underground tanks are more expensive. You're probably spending $2,000 on the tank, and another $1,000 on the pump. By and large, you're looking at more like $4,000 to $5,000. And that depends on how easy it is. If it's a brand new house, it would be really easy."

Potable water systems are available, converting rain into drinking water. But they run in the $25,000 to $35,000 cost range — far more than most Canadians would ever be willing to spend. But there's an easier, cheaper side to this. Just the simple act of putting a rain barrel under your downspout heightens awareness of water conservation, making it easier to find other effective, every-day ways of cutting consumption.

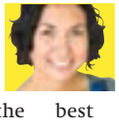
"That's exactly the idea of the rain barrel, is that it gets people interested," Burgess says. "Here's a line: It's raining, it's pouring, the wise man is storing."

IMPROVE YOUR AIR QUALITY

What kinds of plants improve the air quality? *Jeremy of Toronto*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



Believe it or not, NASA created a list of the best air-filtering plants. Decorate your home or office with a combination of spider plants, peace lilies, snake plants (a.k.a. mother-in-law's tongue), elephant ears, weeping figs, rubber plants or bamboo palms (a.k.a. reed palm).

All of these are some of the most popular house plants, so they'll be easy to find, and they're also easy to care for.

Back in the 1980s, NASA did a study to look at which plants were best able to filter the air of the space station.

Back in the 1980s, NASA did a study to look at which plants were best able to filter the air of the space station.

And if it's good enough for the space station...

And you don't have to be an astronaut to know that plants produce oxygen. But what you might not realize is that indoor plants can also absorb contaminants like benzene and formaldehyde (a known carcinogen).

Dr. B.C Wolverton's research also showed that plant-filtered rooms have 50 to 60 per cent less airborne microbes, like mold spores and bacteria.

Get rid of any fake, silk plants — they only collect dust — and harness the environment's natural ability to clean itself. You can also check the library for a more exhaustive list in Wolverton's book, How to Grow Fresh Air: 50 Houseplants That Purify Your Home or Office.

ISTOCK PHOTOS

▶ Improve your air quality with plants.

David Suzuki Foundation

TRADITION MEETS FASHION AT FUR SALON

The Bay Fur Salon is where tradition meets modern fashion.

Built on the original fur trading in Canada, the Bay Fur Salon is still the most professional and fashionable purveyor of furs and fur care.

"Furs today are very affordable and are one of the best long-term investments in fashion," says Veronica Melnik, manager of the Fur Salon at the Bay Downtown, in charge of fur sales and service.

The misconception about furs is that they are expensive and should only be worn on special occasions, but Melnik says this is not the case.

"The Fur industry has changed over the past 10 years. Furs today are in almost every designer collection in the world," says Melnik.

"It's hip and fashionable and everyday."

The Fur Salon is also very conscious of the environment and recycling fur.

Because fur is a natural product and has a very long life span, it can be remodelled to be given an extended life.

From a business standpoint, the fur industry will continue to make sure it is never depleted, according to Melnik.

"The industry is very well regulated and follows best practices as needed," says Melnik.

So for those who have those old furs hanging in the closet and don't know what to do with them, the Fur Salon would be happy to work with you to restyle your fur into something more modern and fashionable.

Located on the third floor of the Bay Downtown, there are fur specialists available at the Fur Salon during the Bay's regular hours.

"When you are dealing with our staff, they have many years of experience in the Fur Trade, plus the convenience of being able to deal with them on a personal level at any Bay Store, when requested," says Melnik.

Along with carrying a wide range of furs, shearlings and luxury outerwear, the Fur Salon also provides storage, cleaning, repairs and remodelling services.

~ Candice Ward

GET THIS SEASON'S MUST-HAVES

With the season about to change and the snow about to hit the ground, the Bay Fur Salon wants to help you get into this season's must-haves for 2011/2012.

Veronica Melnik with the Bay Fur Salon says the must-have items for this season include sheared/plucked reversible mink, knitted fur and high fashion long hair mink garments.

If you have already invested in a fur, the Fur Salon also has a wonderful collection of accessories such as fox headbands, mink hats, scarves and knitted hoods.

The Bay has the easiest methods of payment.

They accept Bay Cards, Visa, Mastercard and also offer a deferred payment plan. See store for details.

RESTYLE YOUR OLD FURS

The Bay Fur Salon wants you dig out that old fur you have hanging in your closet and come down to the Bay Fur Salon Restyling Event.

Even if you do not currently own a fur, this event will showcase some of this season's hottest furs.

"This is a personal invitation to every customer to come and have a one-on-one with our professional staff to discuss your fur, what you want, what you need," says Veronica Melnik, manager of the Fur Salon at the Bay Downtown.

Not only will the Fur Salon's expert staff be on hand for the event, but the Bay's international fur design expert Wendi Ricci will also be available for the three-day event.

Ricci, who runs the Factory in Toronto, brings more than 40 years of experience in the industry to the event, and will travel with the Calgary staff to each event.

This event will allow you to get your own personal consultation on how to make that old fur fashionable again at three different locations throughout the city.

"It is a fantastic opportunity for customers who have old furs that they simply don't know what to do with to get some ideas on how to change them into a fur that's fashionable, fun and affordable," says Melnik.

The event moves daily to better serve the customers of the Calgary area.

The first event takes place tomorrow, at Southcentre Mall from 11:30 a.m. until 7:30 p.m..

Market Mall will be the scene of the second event on Wednesday, from 10 a.m. until 5 p.m.

The final event will take place Thursday, at the downtown location from 9:30 a.m. until 3 p.m.

If you are unable to make the event, Melnik is available to meet with you on her behalf and give you the same professional attention.

~ Candice Ward

TRADE-INS AVAILABLE

The Bay Fur Salon also offers trade-ins on old furs or furs that cannot be restyled.

After the skins have been checked and deemed too dry, the Bay offers you the option to trade-in that fur towards a new one.

The factory is sometimes able to use very small pieces from a garment that has been deemed unfit for a full remodel.

This is another great way that the Bay Fur Salon works towards recycling old furs.

"With the weather forecast deemed to be the coldest, this is the time to get prepared. We all know it's coming, make the best decision and take your time," says Melnik.

THINKSTOCK

THE BAY FUR SALON RESTYLING EVENT

3 Days Only

Southcentre Oct 18th 11:30-7 p.m.
Market Mall Oct 19th 10-5 p.m.
Downtown Oct 20th 9:30-3 p.m.

Consult with international fur designer Wendi Ricci about restyling your fur garments

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TOP 10 SMALL BUSINESS TIPS

Small and medium-size businesses account for 99.8 per cent of all Canadian companies and employ more than 60 per cent of private sector workers. If you're thinking of launching a small business, here are 10 points to consider:

1) Choose something you love. You're going to spend countless hours starting and growing your business. It's vital to love your work, whether it's selling insurance, running a photography studio or cutting hair.

2) Save money first. Don't start your business just using loans from family, friends and banks; it can take years to turn a profit before you can repay them. Instead, save as much money as possible upfront, even if it extends your launch date.

3) Research, research, research. You'll need to become an expert on your industry, products and services. To do so, join related industry or professional associations.

4) Draft a business plan. For most small businesses, the most important parts of this plan are the break-even analysis, a profit-and-loss forecast and a cash-flow projection. It also helps project start-up costs and marketing strategies.

5) Don't quit your day job. If there's no conflict of interest and you can manage it, keep your full-time job while you lay the foundation of your business. You might as well enjoy getting regular paycheques and paid vacations as long as you can!

6) Find clients/customers first. Start lining them up before you've officially launched. Network, offer a few free services or products — you can't start marketing too soon.

7) Hire good staff. Choose outstanding employees, then create a happy and stable workplace so they'll want to perform well and stick around.

8) Embrace social media. At the very least, companies should have a website that describes who they are and their services and products. It's becoming de rigueur for businesses to be on Facebook and Twitter too.

9) Adopt a cause. Consumers appreciate businesses that support good causes. Everyone wins: the customers, the charities and the businesses.

10) Pay your bills and taxes on time. In doing so, you'll gain trust and build a positive credit profile. For small businesses, reputation is everything.

~ Jane Doucet

JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

SMALL BUSINESS WEEK 2011

For 32 years, the Business Development Bank of Canada has been organizing Small Business Week to recognize the contributions and achievements of Canadian entrepreneurs. Events held during this week bring entrepreneurs together at conferences, luncheons and trade fairs across the country, where they can learn and network with their peers. For more information about this year's events, which are being held this week, visit bdc.ca/sbw.

BETTER SERVICE, SELECTION AT OPTIKO EYEWEAR

Open your eyes to better service and selection.

Optiko Eyewear in Sunridge Mall can't wait to see you at their newly opened store to help you with your eye care needs.

"Our mission is to exceed our patients' expectation with a level of service and attention to detail that is matched with a desire to educate," says Lenor Haymour, Optiko Eyewear Manager/Partner.

"We believe that our growth should be driven by testaments of unparalleled satisfaction."

By attending international conferences and expos, Optiko Eyewear is able to provide customers with the latest fashions and trends with the top brand names in designer frames and sunglasses.

"We strive to provide our clientele the hottest designer eyewear from around the world."

With names such as Prada, Tom Ford, Versace and Dior, customers will not be disappointed with the selection.

"The product lines we currently offer are arguably the best in the city," says Haymour.

Optiko Eyewear also offers onsite eye examinations.

"We also offer a unsurpassed selection of quality children frames," says Haymour.

Visit Optiko Eyewear in Sunridge Mall to see current promotions on frames and sunglasses. For more, go to optiko.ca or follow them on Facebook at facebook.com/Optiko-EyewearCalgary.

OPTIKO ACCEPTING NEW PATIENTS

Optiko Eyewear strives to remain at the forefront of their profession through constant training and education and by utilizing the latest technology and state-of-the-art instrumentation.

They also have well-trained industry professionals on hand to help with your eye care needs.

They are also now accepting new patients.

To book an appointment with either Dr. Aarti Navar, Optometrist, Lenor Haymour, Optician and contact lens fitter, or Sal Haymour, Optician IT, call (403)-457-7000.

Love your eyes.
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of Designer Frames and Sunglasses."
25% off designer frames for October
Can't wait to see you...
Dr Aarti Nayar now Accepting new patients!
Eye exams - Call 403-457-7000 to book an appointment.
Sunridge mall, lower level by the bay.

GET ON THE RIGHT TRACK WITH MOUNT ROYAL

Take the fear out of starting a business and start your new journey with the right education.

Mount Royal University's Faculty of Continuing Education wants to help you get on the right track with you business before it runs you off the road.

"Starting a business is pretty frustrating when you don't have the knowledge," says Judy McMillan-Evans, lead-instructor of the Entrepreneurship Certificate of Completion for Mount Royal University Faculty of Continuing Education and Extension.

"This program can reduce the fears."

The Entrepreneurship Certificate of Completion gives students the tools that they will need to start and operate a successful business.

"We cover all the basics of owning and operating a business," says McMillan-Evans.

The certificate is offered in six courses, including an introduction to small business, developing a marketing plan, choosing your team and risk management, financial planning and management, managing the business and completing your business plan.

Courses do not have to be taken all together, but may be taken separately, depending on the students' needs.

Some applicants who take the courses may have already started a business but may not be an expert in all aspects of it, so may require a little more training is some areas instead of others.

"We don't all have strengths in every area and we never will," says McMillan-Evans.

McMillan-Evans says she wishes these types of courses were available when she was looking to start a business.

"I had to learn it all the hard way, there were no courses to take," says McMillan-Evans.

Another benefit to taking this certificate is the networking with the other students and learning from their successes and failures.

This course is designed to show you the opportunities and challenges of owning a small business and how to effectively overcome the challenges.

"Either they learn it in the trenches or they can learn it in the classroom," says McMillan-Evans.

"It is a lot cheaper to learn it in the classroom." *~ Candice Ward*

SOME CLASSES AVAILABLE ONLINE

For people who do not have time to go to school or sit in a classroom, some of the classes in Entrepreneurship Certificate of Completion are now available in an online version.

Each course is offered each semester.

For list of the available online courses and other course information, visit the MRU Continuing Education at http://conted.mtroyal.ca/smallbusiness.

HOW TO KEEP YOUR BUSINESS PLAN FRESH

If your business plan has been collecting dust since you launched, it's likely time to refresh. Updating your business plan on a regular basis is critical for any business to stay relevant and be successful in the future.

Elements of a business plan change in as little as a year — for example, sales targets, competitors and cash flow. A plan should be a continually evolving roadmap to where your want your business to be in the coming months and years.

Here are some common business-planning pitfalls.

Doing It Alone. It's hard to be impartial when it comes to your own business. So involve employees, experts and other small business owners who may have an interest in the process. They can help you generate new ideas for the future.

Too Much Information. Keep it short and simple. Present your business ideas clearly and stick to the facts: incorporate market studies, benchmark reports and sales projections. Let these facts persuade your investors.

The Wrong Details for the Wrong Audience. You don't want too much information, but you need to include the numbers and facts that back up your ideas.

Filing It Away. A business plan can give you an objective picture of the viability of new projects. But it can only do this if you keep it up to date and refer to it regularly. Create a semi-annual or annual schedule to keep it fresh and current. *– News Canada*

START YOUR BUSINESS WITH A SOLID FOUNDATION

JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

RBC ROYAL BANK OFFERS CONVENIENT OPTIONS TO HELP ENTREPRENEURS

Running your own business puts you in control like never before. It can mean long hours and a steep learning curve, especially in the first year. But there are lots of convenient options you can take advantage of from Day 1 to save you time.

If you're like most aspiring business owners you started a business around something you love to do and are great at. While you are an expert in what you sell, chances are you're not an expert in running a business — at least not yet. You need to find the resources and people to help you. At the same time, you need tools to help your business run efficiently and reliably. RBC Royal Bank can help with both.

With the largest network of branches and bank ATMs in Canada, RBC Royal Bank makes it easy to access your money when you need it most. And if you're looking for advice, the RBC Royal Direct award-winning call centre is staffed 24 hours a day with specially trained small business advisers that can help you in about 180 languages, answering both your business and personal banking questions on the same call.

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4 sports

Cardinals headed to Series

St. Louis bullpen bottles up Brewers, earning team a chance to play Rangers for title

12	6
CARDINALS	BREWERS

CHRISTIAN PETERSEN/GETTY IMAGES

▶ Daniel Descalso, Jason Motte and Yadier Molina celebrate after St. Louis won the NL pennant last night.

An afterthought in early September, the St. Louis Cardinals are taking their wild ride all the way to the World Series.

David Freese hit a three-run homer in the first and manager Tony La Russa turned again to his brilliant bullpen for seven sturdy innings as St. Louis captured its 18th pennant with a 12-6 victory over the bumbling Milwaukee Brewers last night.

Albert Pujols and the wild-card Cardinals took out the heavily favoured Phillies in the first round, then dispatched the division-rival Brewers on their own turf in Game 6 of the NL championship series.

Looking for its second title in six seasons, St. Louis opens the World Series at home Wednesday night with ace Chris Carpenter on the mound against the AL champion Texas Rangers.

Trailing by 10½ games in the wild-card race on Aug. 25, the Cardinals surged down the stretch and took advantage of a monumental collapse by Atlanta to win a playoff spot on the final night of the regular season.

Now, bolstered by a group of no-name relievers who keep answering La Russa's call, the Cardinals are back in the World Series for the first time since beating Detroit in 2006.

What a relief!

It was a disappointing end to a scintillating season for Prince Fielder, Ryan Braun and the NL Central champion Brewers, who finished with a franchise-record 96 wins, six games ahead of St. Louis.

Baseball's best home team collapsed in the NLCS, though, losing twice at Miller Park in an error-filled flop.

It was likely Fielder's final game with the Brewers, too. He's a free agent after the season.

Rafael Furcal and Pujols hit solo homers off Chris Narveson and St. Louis built a 9-4 lead by the time the bullpen took over for Edwin Jackson in the third inning.

The group of Fernando Salas, Marc Rzepczynski, Octavio Dotel, Lance Lynn and Jason Motte allowed two runs the rest of the way.

For the series, St. Louis relievers finished 3-0 with a 1.88 ERA over 28⅔ innings.

The biggest scare came when Pujols appeared shaken up after tagging out Braun in the fifth inning when he fell hard on his right forearm on a close play at first base. The three-time MVP was slow to get up, but stayed in the game. THE ASSOCIATED PRESS

Unfamiliar foes

The last time the Rangers and Cardinals faced off was in a 2004 interleague series in Texas.

▶ It's the only time the Cardinals and Rangers have met when it meant something. According to STATS LLC, that matches the fewest games between a pair of opponents in the majors, tying the Mets-White Sox.

Quoted

"I had cheers throughout the whole course. It was pretty special being out there, I felt like I had a lot of support from everyone. It was very motivating."

VANCOUVER'S LAURA BROWN, AFTER WINNING A CYCLING BRONZE MEDAL AT THE PAN AMERICAN GAMES IN MEXICO ON SATURDAY. THE 24-YEAR-OLD COVERED THE 20-KILOMETRE COURSE THAT LOOPED AROUND GUADALAJARA IN 28 MINUTES 24 SECONDS.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	4	4	0	0	0	15	11	8	3-0-0-0	1-0-0-0	4-0-0-0	W4
d-Pittsburgh	6	3	1	1	1	18	16	8	1-1-1-0	2-0-0-1	3-1-1-1	L2
d-Toronto	**3**	**3**	**0**	**0**	**0**	**11**	**7**	**6**	**3-0-0-0**	**0-0-0-0**	**3-0-0-0**	**W3**
Philadelphia	4	3	0	1	0	14	8	7	1-0-1-0	2-0-0-0	3-0-1-0	L1
Buffalo	4	3	1	0	0	14	9	6	1-1-0-0	2-0-0-0	3-1-0-0	W1
NY Islanders	4	3	1	0	0	11	6	6	3-1-0-0	0-0-0-0	3-1-0-0	W3
New Jersey	4	3	1	0	0	9	8	6	2-1-0-0	1-0-0-0	3-1-0-0	W3
Carolina	5	2	2	1	0	13	18	5	1-1-0-0	1-1-1-0	2-2-1-0	W2
Florida	3	2	1	0	0	7	6	4	1-0-0-0	1-1-0-0	2-1-0-0	W1
Boston	5	2	3	0	0	10	9	4	1-2-0-0	1-1-0-0	2-3-0-0	W1
Tampa Bay	5	1	2	0	2	14	19	4	0-0-0-0	1-2-0-2	1-2-0-2	L4
Montreal	4	1	2	0	1	11	13	3	0-1-0-1	1-1-0-0	1-2-0-1	L2
NY Rangers	3	0	1	1	1	5	8	2	0-0-0-0	0-1-1-1	0-1-1-1	L3
Ottawa	5	1	4	0	0	14	23	2	1-1-0-0	0-3-0-0	1-4-0-0	L2
Winnipeg	3	0	3	0	0	5	13	0	0-1-0-0	0-2-0-0	0-3-0-0	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	4	4	0	0	0	13	5	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
d-Colorado	5	4	1	0	0	17	11	8	0-1-0-0	4-0-0-0	4-1-0-0	W4
d-Dallas	5	4	1	0	0	13	11	8	4-0-0-0	0-1-0-0	4-1-0-0	W3
Anaheim	4	3	1	0	0	8	7	6	3-0-0-0	0-1-0-0	3-1-0-0	W3
Minnesota	5	2	1	1	1	12	12	6	2-0-1-0	0-1-0-1	2-1-1-1	L1
Phoenix	4	2	1	0	1	13	11	5	1-0-0-0	1-1-0-1	2-1-0-1	W2
Chicago	4	2	1	0	1	12	10	5	2-0-0-1	0-1-0-0	2-1-0-1	L1
Nashville	4	2	1	0	1	11	12	5	0-1-0-1	2-0-0-0	2-1-0-1	L2
Los Angeles	4	2	1	0	1	9	10	5	1-1-0-0	1-0-0-1	2-1-0-1	W1
Vancouver	5	2	2	0	1	15	15	5	0-0-0-1	2-2-0-0	2-2-0-1	W1
St. Louis	5	2	3	0	0	15	15	4	1-1-0-0	1-2-0-0	2-3-0-0	L1
Edmonton	3	1	1	0	1	6	7	3	1-1-0-0	1-0-0-1	1-1-0-1	L2
San Jose	3	1	2	0	0	8	8	2	1-1-0-0	0-1-0-0	1-2-0-0	L2
Calgary	4	1	3	0	0	11	14	2	0-1-0-0	1-2-0-0	1-3-0-0	L1
Columbus	5	0	4	0	1	10	17	1	0-2-0-1	0-2-0-0	0-4-0-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's result
Anaheim 4 St. Louis 2
Saturday's results
Toronto 3 Calgary 2
Vancouver 4 Edmonton 3
Colorado 6 Montreal 5 (SO)
Phoenix 4 Winnipeg 1
Washington 2 Ottawa 1
Boston 3 Chicago 2 (SO)
Buffalo 3 Pittsburgh 2
Dallas 4 Columbus 2
Detroit 3 Minnesota 2 (OT)
Florida 3 Tampa Bay 2 (SO)
Los Angeles 3 Philadelphia 2 (OT)
New Jersey 3 Nashville 2 (SO)
N.Y. Islanders 4 N.Y. Rangers 2
St. Louis 4 San Jose 2
Friday Results
Anaheim 1 San Jose 0
Carolina 4 Buffalo 3
Tonight's games
Colorado at **Toronto**, 7 p.m.
Florida at Tampa Bay, 7:30 p.m.
Pittsburgh at Winnipeg, 8:30 p.m.
Nashville at Edmonton, 9:30 p.m.
Anaheim at San Jose, 10:30 p.m.
Tomorrow's games
Carolina at Boston, 7 p.m.
Florida at Washington, 7 p.m.
Dallas at Columbus, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
Philadelphia at Ottawa, 7:30 p.m.
Pittsburgh at Minnesota, 8 p.m.
Edmonton at Calgary, 9 p.m.
N.Y. Rangers at Vancouver, 10 p.m.
Chicago at Phoenix, 10 p.m.
St. Louis at Los Angeles, 10:30 p.m.
Wednesday's games
Winnipeg at **Toronto**, 7:30 p.m.

SCORING LEADERS

	G	A	Pt
Kessel, Tor	5	3	8
Tavares, NYI	5	3	8
Doan, Phx	3	4	7
Kopitar, LA	3	4	7
Vanek, Buf	3	4	7
Legwand, Nash	2	5	7
D.Sedin, Vcr	2	5	7
H.Sedin, Vcr	2	5	7
Parenteau, NYI	1	6	7
Neal, Pgh	5	1	6
Adam, Buf	3	3	6
P.Kane, Chi	2	4	6
Skinner, Car	2	4	6
Letang, Pgh	1	5	6
Karlsson, Ott	0	6	6
Giroux, Pha	3	2	5
Michalek, Ott	3	2	5
Prospal, Clb	3	2	5
M.Bergeron, TB	2	3	5
Lupul, Tor	2	3	5
Nash, Clb	2	3	5
J.Staal, Pgh	2	3	5
J.Williams, LA	2	3	5
Backstrom, Wash	1	4	5
Pominville, Buf	1	4	5
Pronger, Pha	1	4	5
Seguin, Bos	1	4	5
Ribeiro, Dal	0	5	5
Nugent-Hopkins, Edm	4	0	4
D.Jones, Col	3	1	4
Stafford, Buf	3	1	4
Arnott, StL	2	2	4
D'Agostini, StL	2	2	4

Not including last night's game

MLB PLAYOFFS

LEAGUE CHAMPIONSHIP SERIES

(Best-of-7 series)
All times Eastern

AMERICAN LEAGUE

TEXAS (W) VS. DETROIT (C)
(Texas wins sereis 4-2)
Saturday's result
Texas 15 Detroit 5
Thursday's result
Detroit 7 Texas 5

NATIONAL LEAGUE

MILWAUKEE (C) VS. ST. LOUIS (WC)
(St. Louis wins series 4-2)
Last night's result
St. Louis 12 Milwaukee 6
Friday's result
St. Louis 7 Milwaukee 1
Tonight's game
x-St. Louis (Carpenter 11-9) at Milwaukee (Gallardo 17-10), 8:05 p.m.
x — if necessary.

CARDINALS 12, BREWERS 6

St. Louis	ab	r	h	bi	Milwaukee	ab	r	h	bi
Furcal ss	4	1	1	1	C.Hart rf	4	1	1	1
Jay cf	4	1	1	0	Morgan cf	2	0	0	0
Pujols 1b	4	1	2	2	CGomz ph-cf	1	1	1	0
Brkmn rf	5	1	1	1	Braun lf	4	0	0	1
Hollidy lf	5	3	2	0	Fielder 1b	4	0	0	0
Freese 3b	4	3	3	3	RWeks 2b	4	1	1	1
Lynn p	0	0	0	0	HrstnJr 3b	4	2	2	0
Theriot ph	1	0	0	0	YBtncr ss	4	0	1	1
Motte p	0	0	0	0	Lucroy c	3	1	1	2
YMolin c	4	1	2	0	Kottars ph	1	0	0	0
Punto 2b	4	0	0	1	Marcm p	0	0	0	0
EJcksn p	1	0	0	0	Narvsn p	1	0	0	0
Craig ph	1	0	1	2	Hwkns p	0	0	0	0
Salas p	0	0	0	0	McGeh ph	0	0	0	0
Chamrs ph	0	0	0	1	Loe p	0	0	0	0
Rzpczy p	0	0	0	0	Saito p	0	0	0	0
Dotel p	0	0	0	0	CounsII ph	1	0	0	0
Descals ph-3b	1	1	1	0	FrRdrg p	0	0	0	0
Axford p	0	0	0	0					
Kotsay ph	1	0	0	0					
Totals	**38**	**12**	**14**	**11**	**Totals**		**34**	**6**	**7**	**6**

St. Louis	**414**	**020**	**010**	**12**
Milwaukee	**130**	**110**	**000**	**6**

E—Hairston Jr. 2 (3), C.Hart (1). DP—Milwaukee 1. LOB—St. Louis 5, Milwaukee 3. 2B—Freese (3), Hairston Jr. (4), Y.Betancourt (2). HR—Furcal (1), Pujols (2), Freese (3), C.Hart (1), R.Weeks (2), Lucroy (1). SB—Jay (1). S—Furcal. SF—Punto, Chambers.

	IP	H	R	ER	BB	SO
St. Louis						
E.Jackson	2	4	4	4	0	2
Salas	2	2	1	1	1	3
Rzepczynski W,1-0	2 1-3	1	1	1	0	1
Dotel	2-3	0	0	0	0	1
Lynn	1	0	0	0	0	1
Motte	1	0	0	0	0	1
Milwaukee						
Marcum L,0-2	1	3	4	4	1	1
Narveson	1 2-3	4	5	5	1	3
Hawkins	1 1-3	1	0	0	1	0
Loe	1	2	2	0	0	1
Saito	2	1	0	0	0	3
Fr.Rodriguez	1	2	1	1	0	1
Axford	1	1	0	0	0	2

HBP—by Dotel (C.Gomez). WP—Rzepczynski. Umpires—Home, Mike Winters; First, Gary Darling; Second, Tim Timmons; Third, Sam Holbrook; Right, Bill Miller; Left, Mike Everitt. T—3:43. A—43,926 (41,900) at Milwaukee.

CFL

EAST DIVISION	GP	W	L	T	PF	PA	Pt
x-Montreal	15	10	5	0	462	373	20
x-Winnipeg	15	9	6	0	360	350	18
x-Hamilton	15	7	8	0	420	416	14
Toronto	15	4	11	0	313	429	8

WEST DIVISION	GP	W	L	T	PF	PA	Pt
x-B.C.	15	9	6	0	429	322	18
x-Edmonton	15	9	6	0	353	328	18
x-Calgary	15	8	7	0	424	412	16
Saskatchewan	15	4	11	0	294	431	8

x — clinched playoff berth.
WEEK 16
Yesterday's results
B.C. 29 Saskatchewan 18
Montreal 27 Hamilton 25
Saturday's results
Edmonton 24 Winnipeg 10
Friday's results
Toronto 31 Calgary 29
WEEK 17
Friday, Oct. 21
Edmonton at Toronto, 6:30 p.m.
Saskatchewan at Calgary, 9:30 p.m.
Saturday, Oct. 22
Montreal at Winnipeg, 3 p.m.
B.C. at Hamilton, 7 p.m.

AUTO RACING

NASCAR-WHELEN MODIFIED SUNOCO WORLD SERIES

Yesterday's results
At Thompson, Conn.
(Start position in parentheses)
1. (24) Glen Reen, Wilbraham, Mass., Chevrolet, 168 laps, 59.155 mph; 2. (5) Bobby Santos, Franklin, Mass., Dodge, 168; 3. (22) Matt Hirschman, Northampton, Pa., Chevrolet, 168; 4. (14) Chuck Hossfeld, Ransomville, N.Y., Chevrolet, 168; 5. (11) Tom Rogers, Jr., Patchogue, N.Y., Chevrolet, 168; 6. (34) Keith Rocco, Wallingford, Conn., Chevrolet, 168; 7. (10) Eric Beers, Northampton, Pa., Chevrolet, 168; 8. (19) Patrick Emerling, Orchard Park, N.Y., Ford, 168; 9. (17) Mike Stefanik, Coventry, R.I., Chevrolet, 168; 10. (9) Eric Goodale, Riverhead, N.Y., Chevrolet, 168.
11. (30) Wade Cole, Riverton, Conn., Chevrolet, 168; 12. (33) Jimmy Zacharias, Candor, N.Y., Chevrolet, 168; 13. (31) Gary McDonald, Ronkonkoma, N.Y., Chevrolet, 168; 14. (7) Erick Rudolph, Ransomville, N.Y., Chevrolet, 167; 15. (2) Doug Coby, Milford, Conn., Chevrolet, 167; 16. (8) Ron Silk, Norwalk, Conn., Chevrolet, 164; 17. (25) Jamie Tomaino, Howell, N.J., Chevrolet, 163; 18. (28) Daniel Hemric, Kannapolis, N.C., Pontiac, 161, accident; 19. (21) Woody Pitkat, Stafford, Conn., Chevrolet, 158; 20. (32) Rob Fuller, Boylston, Mass., Ford, 158.

F1-KOREAN GRAND PRIX

At Yeongam, South Korea
1. Sebastian Vettel, Germany, Red Bull, 55 laps, 1:38:01.994, 117.373 mph; 2. Lewis Hamilton, England, McLaren, 55, 1:38:14.013; 3. Mark Webber, Australia, Red Bull, 55, 1:38:14.471; 4. Jenson Button, England, McLaren, 55, 1:38:16.688; 5. Fernando Alonso, Spain, Ferrari, 55, 1:38:17.683; 6. Felipe Massa, Brazil, Ferrari, 55, 1:38:27.127; 7. Jaime Alguersuari, Spain, Toro Rosso, 55, 1:38:51.532; 8. Nico Rosberg, Germany, Mercedes, 55, 1:38:56.047; 9. Sebastien Buemi, Switzerland, Toro Rosso, 55, 1:39:04.756; 10. Paul di Resta, Scotland, Force India, 55, 1:39:10.596.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	5	1	0	.833	185	135
Buffalo	4	2	0	.667	188	147
N.Y. Jets	2	3	0	.400	121	125
Miami	0	4	0	.000	69	104

SOUTH	W	L	T	Pct	PF	PA
Tennessee	3	2	0	.600	105	94
Houston	3	3	0	.500	141	124
Jacksonville	1	5	0	.167	72	132
Indianapolis	0	6	0	.000	104	163

NORTH	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	148	71
Cincinnati	4	2	0	.667	137	111
Pittsburgh	4	2	0	.667	119	102
Cleveland	2	3	0	.400	91	117

WEST	W	L	T	Pct	PF	PA
San Diego	4	1	0	.800	120	109
Oakland	4	2	0	.667	160	150
Kansas City	2	3	0	.400	77	150
Denver	1	4	0	.200	105	140

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	154	147
Washington	3	2	0	.600	96	83
Dallas	2	3	0	.400	115	121
Philadelphia	2	4	0	.333	145	145

SOUTH	W	L	T	Pct	PF	PA
Tampa Bay	4	2	0	.667	113	145
New Orleans	4	2	0	.667	177	151
Atlanta	3	3	0	.500	135	147
Carolina	1	5	0	.167	133	163

NORTH	W	L	T	Pct	PF	PA
Green Bay	6	0	0	1.000	197	114
Detroit	5	1	0	.833	178	114
Chicago	3	3	0	.500	146	132
Minnesota	1	5	0	.167	121	145

WEST	W	L	T	Pct	PF	PA
San Francisco	5	1	0	.833	167	97
Seattle	2	3	0	.400	94	122
Arizona	1	4	0	.200	96	121
St. Louis	0	5	0	.000	49	137

WEEK 6
Yesterday's results
Green Bay 24, St. Louis 3
Pittsburgh 17, Jacksonville 13
Philadelphia 20, Washington 13
San Francisco 25, Detroit 19
Atlanta 31, Carolina 17
Cincinnati 27, Indianapolis 17
N.Y. Giants 27, Buffalo 24
Oakland 24, Cleveland 17
Baltimore 29, Houston 14
New England 20, Dallas 16
Tampa Bay 26, New Orleans 20
Chicago 39, Minnesota 10
Open: Arizona, Denver, Kansas City, San Diego, Seattle, Tennessee
Tonight's game
Miami at N.Y. Jets, 8:30 p.m.

TENNIS

ATP

SHANGHAI ROLEX MASTERS

At Shanghai
Singles — Championship
Andy Murray (2), Britain, def. David Ferrer (3), Spain, 7-5, 6-4.
Doubles — Championship
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto, On.**, def. Michael Llodra, France, and Nenad Zimonjic (3), Serbia, 3-6, 6-1, 12-10 tiebreak.

WTA

GENERALI LADIES LINZ

At Linz, Austria
Singles — Championship
Petra Kvitova (1), Czech Republic, def. Dominika Cibulkova (7), Slovakia, 6-4, 6-1.
Doubles — Championship
Marina Erakovic, New Zealand, and Elena Vesnina (4), Russia, def. Julia Goerges and Anna-Lena Groenefeld, Germany, 7-5, 6-1.

HP JAPAN OPEN

At Osaka, Japan
Championship
Marion Bartoli (2), France, def. Samantha Stosur (1), Australia, 6-3, 6-1.
Doubles — Championship
Kimiko Date-Krumm, Japan, and Zhang Shuai (4), China, def. Vania King, United States, and Yaroslava Shvedova (1), Kazakhstan, 7-5, 3-6, 11-9 tiebreak.

SOCCER

MLS

Last night's result
Los Angeles 1 Chivas USA 0
Saturday Results
Philadelphia 1 Toronto 1
Dallas 2 Vancouver 0
Chicago 2 D.C. United 1
Columbus 3 New England 0
Kansas City 2 New York 0
Seattle 2 San Jose 1
Friday Results
Colorado 0 Real Salt Lake 0
Houston 2 Portland 0

GOLF

PGA

THE MCGLADREY CLASSIC

At St. Simons Island, GA.
Par 70 (35-35)
Final Round
(x-won on second hole of playoff):

x-Ben Crane, $720,000	65-70-67-63—265
Webb Simpson, $432,000	63-67-69-66—265
Michael Thompson, $272,000	65-65-67-69—266
Louis Oosthuizen, $192,000	65-67-69-66—267
Trevor Immelman, $160,000	66-71-62-69—268
Angel Cabrera, $125,200	65-70-68-67—270
Scott McCarron, $125,200	64-70-68-68—270
Nick O'Hern, $125,200	65-67-69-69—270
Jeff Overton, $125,200	66-69-66-69—270
Kevin Streelman, $125,200	66-70-66-68—270

Also

Matt McQuillan, $29,000	**69-68-68-69—274**
Stephen Ames, $19,467	**66-70-70-69—275**
David Hearn, $12,800	**65-71-68-72—276**
Adam Hadwin, $8,000	**68-71-72-76—287**

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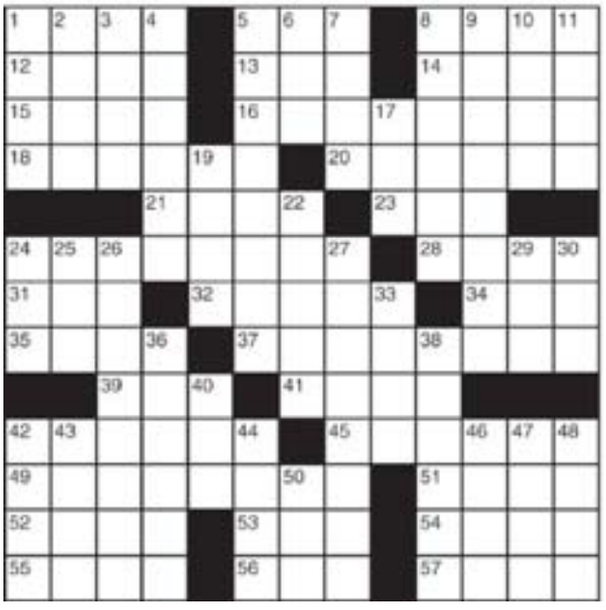
Crossword



Across
1 Bath powder
5 Snip
8 Corned beef recipe
12 Eye layer
13 — shoestring
14 Inner (Pref.)
15 Super Bowl party quaff
16 Western-most Great Lake
18 Apprehend
20 Puts one's foot down
21 Hebrew month
23 Vast expanse
24 Diana Ross' backup
28 Remain
31 Bobby of hockey lore
32 Sample recordings
34 Individual
35 Appear
37 Endorses
39 Dawn goddess
41 Comic Caroline
42 Deodorant site
45 More gross
49 Stuff you need
51 Money of Lesotho
52 Initial stake
53 "To be or — ..."
54 Greek vowels
55 Nuisance
56 Type measures
57 Harvard rival

Down
1 Oompah instrument
2 State with conviction
3 Lecherous look
4 Life's work
5 Halloween outfits
6 Burma's first prime minister
7 Reveille's opposite
8 Medal earners
9 Disney employee
10 Halt
11 — d'oeuvre
17 Aliens, for short
19 Coaster
22 Madagascar primate
24 "Help!"
25 Suffix with press or fail
26 Replaces in the TV lineup
27 Those with faulty logic
29 Pismire
30 "Of course"
33 Detail, for short
36 Youngster
38 "Annie Get Your Gun" role
40 Part of RSVP
42 Pronto, on a memo
43 Mysterious character
44 Fork prong
46 Tittle
47 And others (Lat.)
48 Go up
50 Eternity

▶ Friday's answer

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

3			1	7	4			6
	4				6	8		
				2				
9		8					1	
	2	6				5	3	
	5					9		4
				8				
		1	5				7	
5			2	4	7			9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

5	8	9	3	2	7	4	6	1
2	1	7	4	6	8	9	3	5
3	4	6	1	5	9	7	2	8
1	2	8	9	4	3	5	7	6
9	3	5	7	1	6	2	8	4
6	7	4	2	8	5	1	9	3
8	9	2	5	3	4	6	1	7
4	6	1	8	7	2	3	5	9
7	5	3	6	9	1	8	4	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lost Angel
This Sunday marks the beginning of our third month together, and what an emotional rollercoaster it has been! Angel, I wouldn't take a minute back. Every morning that we share, every sunrise, every second that I can steal with you makes my life better. Every time you cross my mind, I am reminded how lucky I am. Je t'adore mon amour! You truly are, my everything.
CRAZY <4 U!

andy
hey andikins I know weve only been together for a short period of time but I just wanna say tht I will always be there, if u need someone or if U need a gr8t big Hug just bbm me and I'll be there.
NIKS

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min -2°	Min 0°	Min 3°
Max 11°	Max 7°	Max 9°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

Today's horoscope

♈ Aries March 21-April 20 Life is a great adventure or it is nothing, so get out there and make your mark on the world.

♉ Taurus April 21-May 21 Start thinking now about ways you can make the second half better than the first.

♊ Gemini May 22-June 21 There is no limit to what you can accomplish, so don't limit your vision.

♋ Cancer June 22-July 22 You have wasted enough emotional and intellectual energy on senseless disputes.

♌ Leo July 23-Aug.23 You seem to have missed out on a promising opportunity, simply because you were too stubborn to admit that someone else's idea was better than your own.

♍ Virgo Aug. 24- Sept. 22 Stand up for what you believe in and don't let anyone, no matter how powerful, tell you that you have no right to your own opinions.

♎ Libra Sept. 23-Oct. 23 The Sun remains in your birth sign only until next weekend, so make the most of the next few days.

♏ Scorpio Oct. 24-Nov. 22 Recent events have been anything but easy and there will be more challenges over the next few days,

♐ Sagittarius Nov. 23-Dec. 21 You cannot change other people, you can only live well and be a good example.

♑ Capricorn Dec. 22-Jan. 20 Make a special effort today to put some distance between yourself and a group of people who have clearly misled you

♒ Aquarius Jan. 21-Feb. 18 There is still time to make your mark.

♓ Pisces Feb. 19-March 20. Don't listen to other people, listen to your heart. **SALLY BROMPTON**

Caption contest

CHARLES REX ARBOGAST/ THE ASSOCIATED PRESS

NATHAN DENETTE/ THE ASSOCIATED PRESS

WIN!

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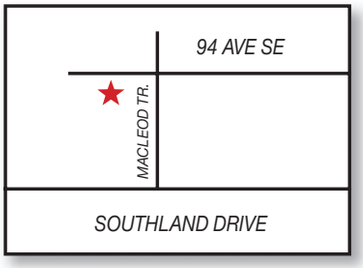

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